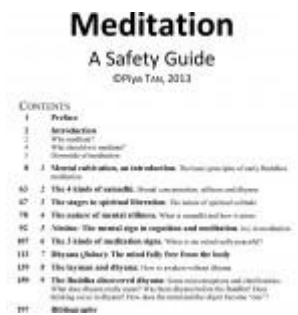


# Buddhist Meditation Guidebooks



Meditation 1: a safety guide.

## *Meditation 1: A Safety Guide, by Piya Tan (2013)*

ISBN: 978-981-07-8585-7, size A4, 220 pp.

A recommended handbook for meditators and seekers.

- [Introduction](#). Why meditate? Who should not meditate? Downside of meditation.
- **1 What is meditation?** Personal development and mental cultivation.
- **2 The 4 kinds of samadhi.** Mental concentration, stillness and dhyana.
- **3 The stages to spiritual liberation.** The nature of spiritual solitude.
- **4 The nature of mental stillness.** What is samadhi and how it arises.
- **5 Nimitta:** The mental sign in cognition and meditation. Joy in meditation.
- **6 The 3 kinds of meditation signs.** When is our mind really peaceful?
- **7 Dhyana (jhana):** The mind when it is fully free from the body.
- **8 The layman and dhyana:** How to awaken without dhyana.
- **9 The Buddha discovered dhyana:** Some misconceptions and clarifications. What does dhyana really mean? Was there dhyana before the Buddha? Does thinking occur in dhyana? How does the mind and the object become “one”?
- **10 Bibliography**

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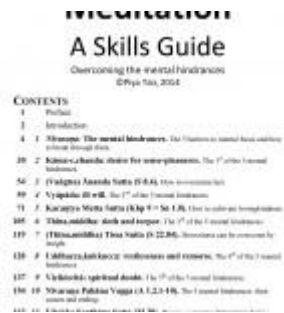
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Meditation 2: a skills guide.

### ***Meditation 2: A Skills Guide, by Piya Tan (2014)***

ISBN: 978-981-09-0617-7, size A4, 176 pp.

A recommended handbook for meditators.

- **Introduction.**
- **(1) The 5 mental hindrances.** The 5 barriers to mental focus and habits that weaken wisdom; how to break through them.
- **(2) Negative desire.** How the senses work and how they can work for us.
- **(3) Lust** and how to overcome it.
- **(4) Ill will** and negative emotions hinder personal progress: how to overcome them.
- **(5) Karaniya Metta Sutta (Khp 9 = Sn 1.8).** How to cultivate unconditional love.
- **(6) Sloth and torpor.** Mustering effort and energy in our minds.
- **(7) (Thina,middha) Tissa Sutta (S 22.84).** Drowsiness can be overcome by insight.
- **(8) Restlessness and remorse:** Not letting our past control us; keeping the future where it is.
- **(9) Doubt:** Why we lack confidence and how to build it up.
- **(10) Nivana Pahana Vagga (A 1.2.1-10).** The 5 mental hindrances: their causes and ending.
- **(11) Vitakka Santhana Sutta (M 20).** How to overcome distractions during meditation.

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